



# GUIDE TO RECREATION

EL CAJON PARKS AND RECREATION DEPARTMENT  
**FALL 2021**



**CHECK IT OUT:**

**HAUNTFEST ON MAIN STREET RETURNS TO DOWNTOWN EL CAJON  
EL CAJON RESIDENTS REGISTER FOR DOLLAR DAYS PROGRAMS**



# FOR A LIMITED TIME ONLY EL CAJON DOLLAR DAYS

Online registration using the discount  
begins September 13!

**BIG  
SAVINGS!**



## Tell Me More:



### What is Dollar Days?

Dollar Days is a chance to register for many El Cajon Parks and Recreation classes/programs for as little as \$1!



### Who is eligible for the discount?

Each resident of Incorporated El Cajon is eligible to use the Dollar Day discount for 3 classes/programs for the fall season.



### How much money can I save?

Savings vary based on activity chosen, but many participants will save over \$50 per activity!

## How do I get the Dollar Days discount?



Confirm that you live in Incorporated El Cajon. Only Incorporated El Cajon residents are eligible. You may be asked to show proof of residency.



Look for the green dollar symbol in the Guide to Recreation to find Dollar Day eligible programs.



Choose Your Program. Discounts may only be used for three programs per participant per season. Already use the discount in the summer? Use it again this fall!



Register online starting September 13 at 8:00 AM or in person at any El Cajon Recreation Center using exact cash, check or a debit/credit card starting September 13 during Center Hours.



NOTE: Space is limited; register early!

Questions? Call 619-441-1516.

# GUIDE TO RECREATION

## TABLE OF CONTENTS

CLASSES PROGRAMS FACILITIES INFORMATION

16 DOLLAR DAYS

18 DIRECTORS MESSAGE

19 EVENT HIGHLIGHT

20-21 REGISTRATION DATES & INFO

22-25 ADULT AND SENIOR RESOURCES

26 FITNESS

27 TEEN PROGRAMS

29 RONALD REAGAN COMMUNITY CENTER

30 BOSTONIA CENTER

31 HILLSIDE CENTER

32 FLETCHER HILLS CENTER AND POOL

33 AQUATICS PROGRAMS

34 KENNEDY CENTER

35 KENNEDY SKATEPARK

36 RENETTE CENTER

37 WELLS PARK

---

38-39 EL CAJON'S DOLLAR DAYS

**SPECIAL DISCOUNT**

---

40 OPEN GYM SCHEDULES

41 PRESCHOOL PROGRAMS

42 ART AND COOKING

43 SKATE/SCOOTER/BIKE/MARTIAL ARTS

44-45 DANCE

46 CHEER/TUMBLING/GYMNASTICS

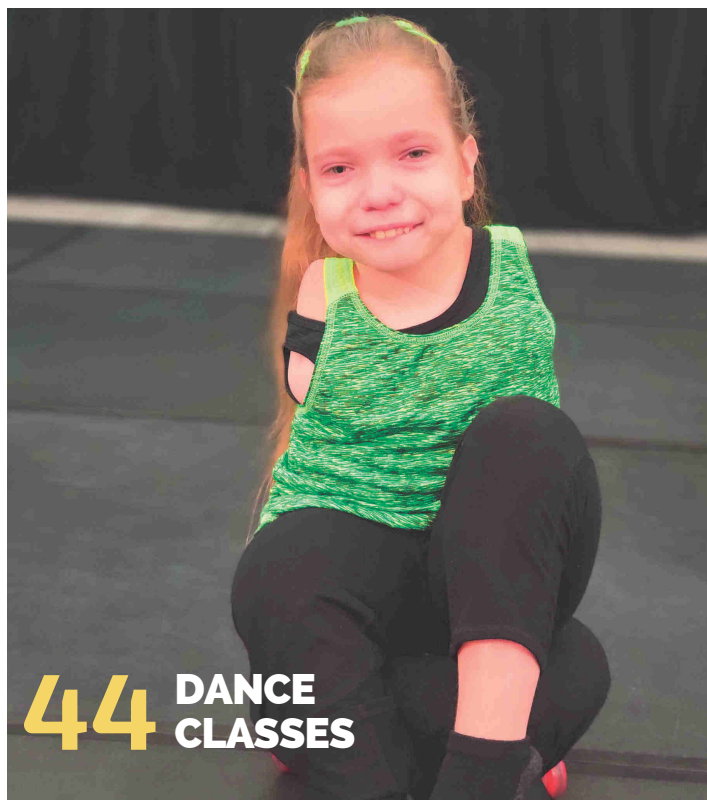
47 SPORTS

48 REGISTRATION INFORMATION

49 PARKS AND AMENITIES

50 REC CAMPAIGN

51 HAUNTFEST ON MAIN



### SPORTS

Check out basketball and soccer programs for youth!



### AQUATICS

Fletcher Hills Pool offers swim lessons, a swim team, water aerobics, lap swim and open swim!

**WWW.ELCAJONREC.ORG**



## A message from Director of Parks & Recreation, Frank Carson



Fall is the best time of year in El Cajon. The weather starts to get a little cooler, many trees throughout the city start to change to their vibrant autumn colors and our parks get full of new recreation programs.

This fall, almost all of our recreation classes will only cost one dollar, yes you read that right, only one dollar for El Cajon residents. This opportunity has been provided by the El Cajon City Council through the American Recovery Act funding to reactivate our community. One very fun class to try is the Coffee and Canvas art class. Please, get out and enjoy El Cajon Parks!

-Frank Carson, Director of Parks & Recreation

### City of El Cajon

El Cajon Civic Center  
200 Civic Center Way  
El Cajon, CA 92020-3916  
[www.cityofelcajon.us](http://www.cityofelcajon.us)

### City Council & Manager (619) 441-1788

Mayor	Bill Wells
Deputy Mayor	Gary Kendrick
Council Member	Steve Goble
Council Member	Michelle Metschel
Council Member	Phil Ortiz
City Manager	Graham Mitchell
Assistant City Manager	Vince DiMaggio

Parks Division (619) 441-1744

Public Works Division (619) 441-1653

### Parks & Recreation Dept. (619) 441-1754

Director of Parks & Recreation	Frank Carson
Parks & Recreation Services Manager	Julie Alon
Parks & Recreation Services Manager	Adam Tronerud

### Parks and Recreation Facilities

Bostonia Recreation Center	(619) 441-1670
Fletcher Hills Recreation Center	(619) 441-1672
Hillside Recreation Center	(619) 441-1674
Kennedy Recreation Center	(619) 441-1676
Kennedy Skatepark	(619) 441-1676
Prescott Promenade	(619) 441-1673
Renette Recreation Center	(619) 441-1678
Ronald Reagan Community Center	(619) 441-1673
Wells Park Off Leash Dog Park	(619) 441-1680
Aquatics	(619) 441-1672
General Information	(619) 441-1516



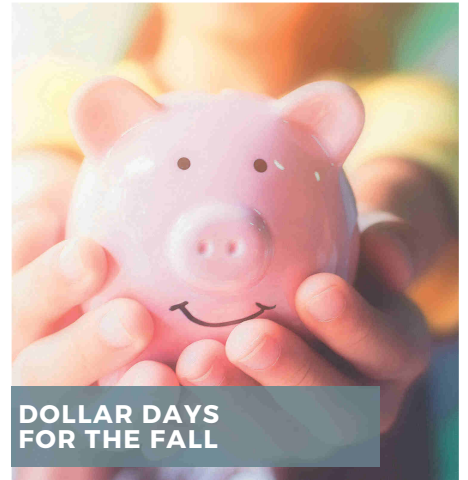
### Mission Statement:

The El Cajon Parks and Recreation Department develops youth, supports families, and provides safe places.





**HAUNTFEST  
DOWNTOWN EL CAJON**



**DOLLAR DAYS  
FOR THE FALL**

## HIGHLIGHT: HAUNTFEST IS BACK!

After a year off due to COVID-19 restrictions, El Cajon's popular HauntFest on Main Street is returning to Downtown El Cajon! The Halloween themed event, with the 2021 theme of "Cruella", will be held on Friday, October 29 from 4:00 PM - 9:00 PM. Admission for HauntFest is FREE! The event features many free activities including games, crafts, live entertainment, a movie in the park, a dj, costume contest, a kids zone, a candy trail and more! The event will also have rides for a nominal fee and food vendors.

Looking for more details? Check out [www.hauntfest.org](http://www.hauntfest.org).

## DOLLAR DAYS CONTINUES

The El Cajon City Council approved the implementation of Dollar Days to continue this fall. Funding through the American Rescue Plan Act has allowed us to provide this great opportunity.

Through the Dollar Days promotion, adult and child residents of incorporated El Cajon can register for many El Cajon Parks and Recreation programs at a significant discount. Take advantage of this limited time opportunity!

Check out details on Dollar Days on page 16 and pages 33-34!



Look for the Dollar Days symbol for opportunities to save money!



### Leader of the Season:

Each quarter, a part-time recreation leader is recognized for outstanding service to the El Cajon Parks & Recreation Department. The Summer 2021 Leader of the Season is Mikayla DeVries.



#### Fall Guide to Recreation

[www.elcajonrec.org](http://www.elcajonrec.org)

#### Virtual Recreation Center

[www.cityofelcajon.us/virtualrec](http://www.cityofelcajon.us/virtualrec)

#### Sign up for Programs

[www.elcajonrec.org](http://www.elcajonrec.org)

#### Online Rec Squad Tutorials

[www.cityofelcajon.us/recsqadonline](http://www.cityofelcajon.us/recsqadonline)

**FOLLOW US  
FOR INFO, GIVEAWAYS,  
CONTESTS & FUN!**



Instagram  
@ELCAJONREC

TikTok  
@ELCAJONPARKSANDREC

Facebook  
@CITYOFELCAJON

## FALL PROGRAMS GENERAL INFO

**Registration  
begins  
September 13!**

### Guidelines for Fall Programming

- A complete list of programs being offered as well as detailed information can be found by going online to [www.elcajonrec.org](http://www.elcajonrec.org) and clicking "Online Registration".
- State and county health department's guidelines and mandates are being monitored and programs may change based on current mandates.

### Registration for Fall Programs

- Online registration\* begins September 13 at 8:00 AM and in-person registration begins September 13 during operational center hours and ends 2 weeks into the program start date or when the program has reached capacity.
- Registration for classes can be done by visiting the online registration page at [www.elcajonrec.org](http://www.elcajonrec.org) or by visiting any recreation center during operational hours.
- Check out more registration information on page 21.

Questions? Call (619) 441-1516

## REGISTERING IN PERSON?

Recreation Centers will be accepting in-person registration September 13 - October 4 at the following locations and times:

**FLETCHER HILLS PARK & POOL**  
2345 Center Place  
2:15 PM - 5:30 PM M-F 619-441-1672

**BOSTONIA PARK**  
1049 Bostonia Street  
2:00 PM - 9:00 PM M-F 619-441-1670

**RENETTE PARK**  
935 Emerald Avenue  
2:30 PM - 9:00 PM M-F 619-441-1678

**HILLSIDE PARK**  
840 Buena Terrace  
3:00 PM - 9:00 PM M-F 619-441-1674

**KENNEDY PARK & SKATEPARK**  
1675 East Madison Avenue  
2:00 PM - 9:00 PM M-F 619-441-1676

**INSTRUCTIONAL OFFICE**  
935 Emerald Avenue  
9:00 AM - 5:00 PM M-F 619-441-1516

\*Times subject to change.

## UPCOMING SESSION DATES

*We offer four 10-week sessions of instructional classes per year\**

Session	Dates	Online Registration Begins
Fall 2021	October 4 - December 11	September 13, 2021
Winter 2022	January 10 - March 19	December 13, 2021
Spring 2022	April 11 - June 18	March 14, 2022
Summer 2022	July 11 - September 17	May 31, 2022

\*Dates subject to change without prior notice

Follow us on social media for all the latest information on

Special Events  
FREE Activities

*Special Events*

Movies in the Park



@ELCAJONREC



@CITYOFELCAJON



@ELCAJONPARKSANDREC

# REGISTRATION INFORMATION

**2021 FALL INSTRUCTIONAL CLASS SESSION DATES: OCTOBER 4 - DECEMBER 11\***

(UNLESS OTHERWISE NOTED)

\*NO CLASS NOVEMBER 11 AND NOVEMBER 25 - 26.

## Resident Discount

- Customers that reside in or own property within the incorporated city limits of El Cajon qualify for the Resident Fee. Proof of residency may be required. Some El Cajon mailing addresses are outside the city limits. For example, communities such as Crest, Blossom Valley and Rancho San Diego have El Cajon mailing addresses, but are outside the incorporated city limits and would not qualify for the Resident Fee.

## Registration Referral Slips

- Student registration referral slips (green slips) are issued by dance, tumbling, gymnastics and cheer instructors close to the end of the current session. Referral slips are required for any class above level 1. They are valid for the sessions indicated only and must be shown on the first day of class.

## Refund Policy

- No refunds will be issued for any classes/programs using the Dollar Days fee.** Select your activities carefully. Customers will be charged a \$5 administrative fee for each course/activity refund or transfer transaction. Requests for refunds or transfers must be directed to the activity supervisor at least 3 business days prior to the first day of an activity. No refunds or transfers will be given after an activity starts. If the registration fee was paid by check or cash, you will receive the refund by check in the mail in 6-8 weeks. If the City cancels an activity, you will receive a full refund of the activity fee. Online processing fees are charged by a 3rd party registration system provider and are non-refundable under any circumstances.

## Fee Assistance

- A Youth Recreation Scholarship Program is available for families in financial need. Not all programs qualify for fee assistance. Applications may be obtained by sending an email to [erec@elcajon.gov](mailto:erec@elcajon.gov). Completed applications must be submitted to the Registration Office beginning September 7th. Activity registration using a scholarship as a partial payment ends October 1st. Proof of financial need may be required. For information on obtaining assistance, contact the Registration Office by phone at (619) 441-1516 or by email at [erec@elcajon.gov](mailto:erec@elcajon.gov).

## Senior Discounts

- Senior discounts are available for ages 55+. Senior citizens receive a 50% discount on the resident fees for Recreation Department taught classes. Proof of age may be required.

## Essential Eligibility Requirements

- You may be required to provide proof of age for participants. A child may be asked to leave an activity if they are not the correct age or if a child does not follow the code of conduct to safely participate.

## Waitlists

- If a program you would like to register for is full, add your name to the waitlist. An additional class may be created if there are several participants on the waitlist. You will be contacted if an additional class is created. There is no charge to add your name to the waitlist.

## HOW TO REGISTER

### REGISTRATION DATES

#### Programs and Classes:

Begin Online : September 13 at 8:00 AM

Begin In-Person : September 13 at 9:00 AM

End: When filled or 2 weeks into session

**Fall Aquatics:** Ongoing until filled

### REGISTER ONLINE: **[WWW.ELCAJONREC.ORG](http://WWW.ELCAJONREC.ORG)**

Online registration is the surest way to guarantee getting a spot in the activities you want! Set-up your account at [www.elcajonrec.org](http://www.elcajonrec.org). The online registration system is secure and payment can be made with Visa, MasterCard, American Express and Discover Card. A nominal/nonrefundable convenience fee is charged for all online registrations provided by an online registration vendor.

### WALK-IN REGISTRATION

Register at any El Cajon Recreation Center during normal operational hours. Operational hours for all recreation centers can be found in this guide.

Registration using the Dollar Days discount will be done online and in-person. For more information on Dollar Days, check out page 2.





The City of El Cajon Parks and Recreation Department strives to make all of its recreational facilities "universal facilities", where we support all ages and demographics. With that in mind, we have programs and resources that primarily target our aging population. Please refer to the information listed on the next several pages for program and resource information. **Please call the contact listed under each resource for the most accurate information.**

### IMPORTANT PHONE NUMBERS FOR SENIOR SERVICES AND REFERRAL INFORMATION

211 Information:	211
AARP Community Action Team:	(619) 641-7020
Adult Protective Services:	(858) 495-5660
Aging and Independent Service:	(800) 510-2020
Better Business Bureau:	(858) 496-2131
City of El Cajon:	(619) 441-1716
Consumer Fraud:	(619) 531-3507
Cool Zone Information:	(800) 339-4661
ECAN (East County Action Network):	(619) 401-3994
El Cajon Public Library:	(619) 588-3718
Elder Law:	(858) 565-1392 (ext. 200)
Fletcher Hills Library:	(619) 466-1132
Foothills Adult School:	(619) 588-3500
Meals on Wheels (East County):	(619) 447-8782
MTS Transportation (ADA Ride):	(877) 232-7433
Renter's Rights:	(858) 571-1166
Ride4Neighbors:	(619) 667-1321
Salvation Army/Nutrition Center:	(619) 440-4683
Social Security Administration:	(800) 772-1213
St. Paul's PACE:	(619) 551-7400

### AGING AND INDEPENDENT SERVICES

AIS provides services to older adults, people with disabilities and their family members to help keep clients safely in their homes, promote health and vital living, and publicize positive contributions made by older adults and persons with disabilities. For more information, call (800) 510-2020.

### 211 SAN DIEGO

211 San Diego is a free 24-hour confidential phone service in 200+ languages and a searchable online database. 211 provides information on health and wellness, housing and utilities, food assistance, military and veteran services and more. Just dial 211 for assistance.

### ECAN (EAST COUNTY ACTION NETWORK)

ECAN is a community based network that takes action and advocates for older adults and adults with disabilities living in the East County area. ECAN general meetings are open to the public and occur the 3rd Wednesday of each month. Contact ECAN at (619) 401-3994 for more information.

### HICAP (HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM)

HICAP provides individual counseling to Medicare beneficiaries and their families. This service is free and unbiased. It is not affiliated with any insurance companies or hospitals and does not sell or recommend particular health insurance products or plans. Call to schedule a one-on-one appointment. (858) 565-1392

### ST. PAUL'S PACE (PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY)

St. Paul's PACE is a medical program exclusively for seniors. With PACE services, seniors can successfully remain at home. Services include primary care doctors and specialists, award winning home care, social services, transportation, therapies and senior day center. If you are 55 years of age or older with chronic medical conditions that make it difficult for you to live at home, St. Paul's PACE may be the ideal medical plan for you. Call 1-833-PACENOW (1-833-722-3669).

### ELDER LAW

Elder Law provides legal services for seniors (60+ years) in areas such as wills, landlord or tenant issues and Medicare and MediCal issues. Services are free; donations are welcome. Appointments are required.

Call (858) 565-1392, extension 200 to schedule an appointment or for more information.

### ELDERHELP

ElderHelp provides personalized services and information that helps seniors remain independent and live with dignity in their own homes. Contact (619) 284-9281 or look online at [www.elderhelpofsandiego.org](http://www.elderhelpofsandiego.org).

*Some programs, activities and resources may change.  
Please call the contact listed under each resource for the most accurate information.*

## VETERANS SERVICES

Every day, current and former service members and their families deal with the complex issues that accompany military life. Often times, the most difficult problem is not knowing where to turn when you need help. Courage to Call is a free, confidential, veteran-staffed 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of discharge status, through information, guidance, and referrals. Call 211 option 4 for assistance.

## VOLUNTEER OPPORTUNITIES

The El Cajon Police Department offers volunteer opportunities in the R.S.V.P (Retired Senior Volunteer Program) and YANA (You Are Not Alone) programs. Applications are available at the El Cajon Police Department's Information Desk, located at 100 Civic Center Way, El Cajon, CA 92020. Completed applications for RSVP and YANA can be mailed or dropped off in person to the Volunteer Coordinator. If you are interested in becoming a volunteer, please contact the El Cajon Police Department's Volunteer Coordinator at (619) 579-3354. You may find this to be one of the most rewarding activities you have ever participated in!

## OASIS LIFELONG ADVENTURE PROGRAM

Oasis is a unique educational program for people who want to learn and be productive throughout life. Oasis promotes lifelong learning, active lifestyles and volunteer engagement that helps people stay active and socially engaged. Oasis is located at Grossmont Shopping Center. Call (619) 881-6262 or visit <https://san-diego.oasisnet.org> for more information. Programs offered by Oasis are not affiliated with or endorsed by the City of El Cajon Parks and Recreation Department.

## MEALS SERVICES

### Meals on Wheels East County Services

131 Chambers Street, Suite 100  
El Cajon, CA 92020  
Phone: (619) 447-8782  
Fax: (619) 447-2308  
Email: [eastcountymeals@meals-on-wheels.org](mailto:eastcountymeals@meals-on-wheels.org)

Choice of one or two nutritious meals provided seven days a week including holidays. Seniors 60 years or older and caregivers. One time fee of \$35 to start service.  
Lunch and Dinner, Plus Beverage- \$7.00 per day  
Lunch Only, Plus Beverage- \$4.00 per day  
Dinner Only, With Roll and Beverage- \$4.00 per day

## SALVATION ARMY EL CAJON CORPS

### Senior Lunch Program

1011 East Main Street  
El Cajon, CA 92021  
Phone: (619) 592-8292  
Hours: 11:00 AM - 12:30 PM  
Days: Monday - Friday

The Salvation Army Senior Dining Room Program is partially funded by the Older Americans Act Fund, provided through the County of San Diego Aging and Independent Services. Those eligible for participation are seniors, 60 years and older. Eligibility follows the AIS Senior Nutrition Program guidelines. No eligible person will be denied a meal because of failure or inability to contribute regardless of race, color, religion, national origin or disability. Menu is subject to change.

Suggested donations for seniors 60+ is \$4.00. Non-senior fee is \$6.00.

### Feeling Fit Class

1011 East Main Street  
El Cajon, CA 92021  
Phone: (619) 592-8292  
Hours: 10:00 AM - 11:00 AM  
Days: Monday & Wednesday

Engage the mind and body to keep feeling young, active and happy.

Details about these programs can be found online: <https://elcajon.salvationarmy.org>



*Some programs, activities and resources may change.  
Please call the contact listed under each resource for the most accurate information.*

### SENIOR AND ADULT TENNIS CLUB

The Senior and Adult Tennis Club meets every Saturday at 9:00 AM at Kennedy Park Tennis Courts, 1675 East Madison Avenue. For more information regarding this program, contact John at (619) 368-1235. FREE!

### WELLS PARK FITNESS STATIONS

An outdoor exercise court is available for self-guided, individualized fitness programs in total conditioning, cardiovascular fitness, weight loss, body building or sports enhancement. Wells Park is located at 1153 East Madison Avenue.

### BOSTONIA PARK FITNESS STATIONS

Bostonia Park has the Lifetrail Advanced Wellness System for adults with three stations surrounding the youth playground equipment. The equipment offers multiple exercise options to keep workouts fun and challenging. Bostonia Park is located at 1049 Bostonia Street.

### BILL BECK FITNESS STATIONS

This small neighborhood park has seven fitness stations that provide an opportunity for exercise in your own neighborhood. Bill Beck Park is located at 543 North Pierce Avenue.

### BUSINESSMAN'S BASKETBALL

All Skill levels welcome.

**Fee: \$46 Resident Fee: \$23 Sr. Fee: \$34 Sr. Resident Fee: \$17**

**\$ Dollar Days Fee: \$1**

**#37162 12:00 PM - 2:00 PM T, TH Ages 18+ Hillside Center**

### WOMEN'S VOLLEYBALL

All Skill levels welcome.

**Fee: \$27 Resident Fee: \$13 Sr. Fee: \$20 Sr. Resident Fee: \$10**

**\$ Dollar Days Fee: \$1**

**#37164 10:00 AM - 12:00 PM F Ages 18+ Hillside Center**

### FOOTHILLS ADULT SCHOOL CLASSES

#### Foothills Adult School Yoga

This class is offered through Grossmont Union High School District Adult School and are held at Renette Recreation Center.

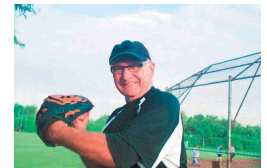
9:00 AM - 10:15 AM T, TH Renette

10:30 AM - 12:00 PM T, TH Renette

Register at: <https://adultschool.guhdsd.net>

### SENIOR SOFTBALL

Team play for seniors, 55 and over. For more information, contact Kennedy Center at (619) 441-1676.



### EAST COUNTY LIBRARIES

Three libraries serve the El Cajon area. They offer many activities for all ages. A calendar of events for all age groups can be found at [www.sdcl.org](http://www.sdcl.org). Select the branch you are interested in from the drop down list in the middle of the webpage.

#### El Cajon Public Library

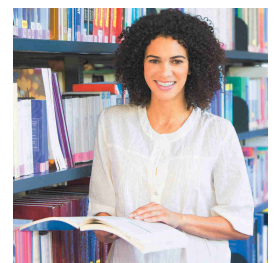
201 East Douglas Avenue  
El Cajon, CA 92020  
(619) 588-3819

#### Fletcher Hills Library

576 Garfield Avenue  
El Cajon, CA 92020  
(619) 441-1132

#### Rancho San Diego Library

11555 Via Rancho San Diego  
El Cajon, CA 92019  
(619) 660-5370



*Dollar Days*  
**FOR SENIORS  
AND ADULTS**

**BIG  
SAVINGS!**

Follow us on social media or  
call us at 619-441-1516 to  
find out about new senior and  
adult classes and programs!

FOR  
INCORPORATED  
EL CAJON  
RESIDENTS  
CLASSES  
AS LOW  
AS  
**\$1.00**

Instagram  
@ELCAJONREC  
TikTok  
@ELCAJONPARKS&REC  
Facebook  
@CITYOFELCAJON



**Due to COVID-19, some programs, activities and resources may change.  
Please call the contact listed under each resource for the most accurate information.**

### TOPS (TAKE OFF POUNDS SENSIBLY)

Receive support while losing weight. Meetings are Wednesdays at Renette Recreation Center from 9:00 AM - 11:00 AM. Contact Renette Center at (619) 441-1678 for more details.

### SQUARE DANCE

Look for this program to return when health guidelines allow. The Valley Twirlers Square Dance Club offers dancing fun for \$5 per night. Call Paul or Debbie for additional information at (619) 466-1681.

### PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Game play for either singles or doubles is inside the Bostonia Center Gym, 1049 Bostonia Street, El Cajon. The game of pickleball can help participants stay active and healthy while providing social entertainment. All skill levels are welcome. Fees below are annual. Questions? Call (619) 441-1670.

**Fee: \$13 Resident Fee: \$10 Sr. Fee: \$8 Sr. Resident Fee: \$5**

**\$ Dollar Days Fee: \$1**

9:30 AM - 12:30 PM T, TH, F Ages 18+ Bostonia Center

### NEW COFFEE AND CANVAS

Create your own canvas painting while sipping some brew. No experience needed. Coffee, art supplies, and instructions will be provided. Painting topics will be available at the time of registration. Ages 16+ (16-17 must be accompanied by an adult).

**Fees Are Per Date**

**Fee: \$61 Resident Fee: \$46 \$ Dollar Days Fee: \$1**

**#37121 9:30 AM - 12:30 PM Sat 9/18 Ages 16+ Renette**

**#37242 9:30 AM - 12:30 PM Sat 12/4 Ages 16+ Renette**

Register NOW for the 9/18 class. Register beginning 9/13 for the 12/4 class.

### AARP CHAPTER 4800

Come join AARP Chapter 4800 serving El Cajon and La Mesa to learn about valuable AARP benefits and other issues pertinent to seniors. Contact Hoagy Carmichael at (619) 444-8679 for more information.

### CALIFORNIA PHONES

The California Telephone Access Program offers a range of free, specialized phones that make it easier to hear, dial and call. Call (800) 806-1191 (English) or (800) 949-5650 (Spanish) for more information.

### FRIENDS OF EAST COUNTY ARTS, INC.

Friends of East County Arts, Inc. is an organization whose purpose is to provide funds for the growth and development of audiences for the live performing arts, to present world class artists, and to support the fine arts and artists in the greater East San Diego County area. General membership meetings are held the second Thursday of each month at different locations depending on the nature of the program for that month. For more information, please contact us by email at [friendsofeastcountyarts@gmail.com](mailto:friendsofeastcountyarts@gmail.com)

### INTERGENERATIONAL PROGRAMS

Sign your child or grandchild up for a Wee Play, Little Tots or Wee Tykes/Little Tykes Arts and Crafts class! You will get to accompany them to class and enjoy crafts, storytime, music and more together! Check out the details on pages 40-41.

**\$ These programs are Dollar Day eligible!**

## More Coming Soon... ADULT & SENIOR PROGRAMS

MORE ADULT & SENIOR PROGRAMS ARE BEING ADDED OFTEN! FOLLOW US ON SOCIAL MEDIA, EMAIL [EREC@CITYOFELCAJON.US](mailto:EREC@CITYOFELCAJON.US) OR CALL 619-441-1516 TO STAY UP-TO-DATE ON ALL OF OUR LATEST OFFERINGS!

Follow Us On Social Media At:



@ELCAJONREC



@CITYOFELCAJON



Due to COVID-19, some programs, activities and resources may change.

# ADULT & SENIOR FITNESS

## WAKE UP AND TONE UP

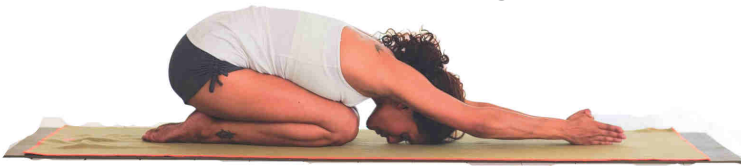
A great way to start the day on a positive note. Fun music, warm-up, light aerobics, toning W/ balance, body weights & resistance tools. Lots of stretching for flexibility.

\*Bring your own mat.

**Fee: \$165 Resident: \$150 Senior: \$90 Sr. Resident: \$75**

**\$ Dollar Days Fee: \$1**

**#37148 9:00 AM - 9:45 AM Hillside Ages 13-Adult T, TH, F**



## HAVE A BALL!

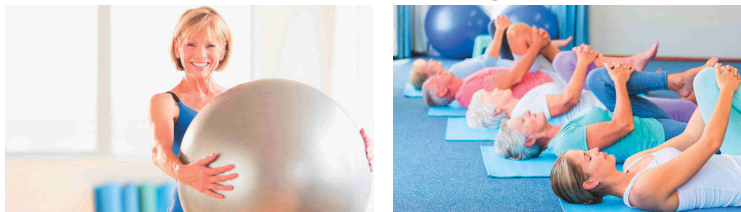
Core and strength training with stability ball, weights & resistance band. Lots of stretching for flexibility.

\*Bring your own mat & ball.

**Fee: \$115 Resident: \$100 Senior: \$65 Sr. Resident: \$50**

**\$ Dollar Days Fee: \$1**

**#37149 6:00 PM - 6:45 PM Renette Ages 13-Adult M, W**



## ZUMBA® FITNESS



Ditch the workout! Join the party! Fitness involves learning different dance routines where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba is a dynamic workout system designed to be easy to do and fun for everyone!

**Fee: \$95 Resident: \$80 Senior: \$55 Sr. Resident: \$40**

**\$ Dollar Days Fee: \$1**

**#37151 6:30 PM - 7:30 PM Hillside Ages 13-Adult M**

**#37152 6:30 PM - 7:30 PM Hillside Ages 13-Adult F**

## BALANCE/FALL PREVENTION

Be steady and stable on your feet. Improve your balance, flexibility and reduce your fall risk. Instructor is Arthritis Foundation certified.

**Fee: \$115 Resident: \$100 Senior: \$65 Sr. Resident: \$50**

**\$ Dollar Days Fee: \$1**

**#37153 9:00 AM - 9:45 AM Hillside Adults M,W**

## ADULT/SENIOR DANCE

Learn a wide variety of dance genres including jazz, tap and lyrical. Meet new friends, learn new skills and get exercise. All skill levels welcome!

**Fee: \$59 Resident: \$44 Senior: \$37 Sr. Resident: \$22**

**\$ Dollar Days Fee: \$1**

**#37200 7:00 PM - 7:55 PM Renette Ages 18+ T**

## SWEAT AND SCULPT

Low impact cardio plus resistance training for all muscle groups using bands, weights & balls. Lots of stretching for flexibility. \*Bring your own mat

**Fee: \$115 Resident: \$100 Senior: \$65 Sr. Resident: \$50**

**\$ Dollar Days Fee: \$1**

**#37150 6:00 PM - 6:45 PM Renette Ages 13-Adult T, TH**

## WATER AEROBICS

No swimming experience is necessary. Get a low impact, high resistance workout while socializing, getting in shape and having fun. \*Ages 15-17 must be accompanied by an adult.

**Fee: \$71 Resident: \$56 Senior: \$38 Sr. Resident: \$28**

**\$ Dollar Days Fee: \$5**

**#37045 6:10 PM - 7:00 PM Fletcher Ages 16+\* M,W 9/8 - 10/6**



*Some programs and activities may change.*

# TEEN PROGRAMS



## TEEN COALITION

**We invite you to be involved in your community!** Engage, educate and empower! These are the goals of the "Teen Coalition" facilitated by the El Cajon Parks and Recreation Department. The Teen Coalition is for teens in grades 6-12 who are city residents and/or attend city schools. Members will serve a one-year term, meeting monthly. Community partners play an active role in helping teens by providing meaningful workshops covering such topics as juvenile justice system, education, local economy and downtown development. The year will culminate with the teens giving back to the community by developing community service projects. Call (619) 441-1555 for more information. Please visit [www.elcajonrec.org](http://www.elcajonrec.org) to complete an application.

## MENTOR PROGRAM

Experience what it takes to become a valued employee by participating in a mentoring course. Receive hands-on training by Recreation Staff. We welcome responsible individuals who wish to challenge themselves through a combination of training, while gaining experience and knowledge in a variety of programs by volunteering 3-5 hours per week. Ages 14-17. Call (619) 441-1534 for more information.

## DRIVER EDUCATION

This online course is the first step for teens to fulfill the California requirement to receive a driver's license. This course is interactive and includes numerous activities, photos, animations and parental involvement. This is a self-paced internet course\*. Students will receive a DMV-accepted completion certificate upon successful completion of the course. Does not include behind the wheel driving. Call 619-441-1516 for more information.

**Fee: \$40**  **Dollar Days Fee: \$1**  
**#37154** Ages 14 - 18 Online Course

\*Fall session participants will be given a course activation code via e-mail by first day of the session. Registration closes for this course on the first day of the session. First day of session is October 4th, 2021.

## LEADER IN TRAINING

For seasonal volunteers ages 14-17. Leaders in Training (LIT) positions will be available for teens ages 14-17 who have some experience working with children. LITs volunteer and participate in all camp activities and receive leadership training. Candidates must submit applications one month prior to camp dates. Apply for positions at one or more camps. Please call (619) 441-1534 for more information.



## TEEN CERAMICS

**Course Description:** Each week, teens will create works of art utilizing the principals of hand building (no wheel), coil art, slab art, glazing as well as acrylic painting on ceramic. Learn to sculpt and develop your artistic skills. No experience necessary!

**Fee: \$73 Resident Fee: \$58**  **Dollar Days Fee: \$1**

**#37155** 4:00 PM - 5:00 PM Bostonia Ages 12- 17 T 10/5 - 12/7





# WE ARE HIRING!

NOW ACCEPTING APPLICATIONS FOR:  
Dance Instructors  
Tumbling/Gymnastics Instructors  
Sports Coaches  
Recreation Center Staff  
Lifeguards  
And More!



APPLY AT [WWW.ELCAJON.GOV](http://WWW.ELCAJON.GOV)

## Ronald Reagan Community Center

195 East Douglas Avenue  
(619) 441-1673

**Office Hours: \*Monday - Friday, 9:00 AM - 5:00 PM**

**Rental Hours: \*Monday - Sunday, 6:00 AM - 1:00 AM**

**Recreation Services Supervisor: Larry Siev**

**\*Hours & activities subject to change. Please call center for the most up to date information.**



**RONALD REAGAN  
COMMUNITY CENTER**

The newly renovated Ronald Reagan Community Center is affordable and specially designed for wedding receptions, banquets, business meetings, and a variety of special events. Conveniently located off Interstate 8 and Magnolia Avenue in El Cajon, the Ronald Reagan Community Center



offers easy access and plenty of complimentary parking. The facility accommodates groups of 25 to 240 banquet-style, and up to 300 theater-style. The fully equipped kitchen is perfect for the professional caterer or the family chef. The recent renovation continues the long tradition of exceptional service to the community while providing an updated professional facility that adds elegance and style at every event. Our friendly, professional staff will help create and customize your next special event. Reservations can be made up to one year in advance. Complete details and pricing are available by calling the facility.

### RENTAL EQUIPMENT AND SERVICES

- Portable dance floor
- Stage with backdrops
- Audio and visual equipment
- Portable bars and heater
- Baby Grand Piano
- Complete coffee service
- And much more!



## OUTDOOR VENUE RENTALS

### PRESCOTT PROMENADE

201 East Main Street, El Cajon, CA 92020

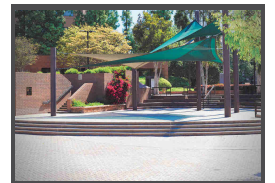
Centrally located, the Prescott Promenade is a park venue available for special events, art shows, and community events. The Promenade features a shaded stage area for performances and dancing, bench like seating and tree-lined walkways. A stroll through the park will take you to Ronald Reagan Community Center, a perfect place to have a reception following a Prescott Promenade wedding.



### CENTENNIAL PLAZA

200 Civic Center Way, El Cajon, CA 92020

Centennial Plaza is located at the entrance to City Hall. This multi-level rental area has a courtyard setting and an open air stage. The Plaza is a perfect location for wedding ceremonies, performances, and community gatherings. The stage area has a decorative awning and can be seen from several viewpoints. Adjacent to Centennial Plaza is a tranquil waterscape, a perfect spot for photos or as an extension of the area for larger events.



## BOSTONIA RECREATION CENTER & PARK

1049 Bostonia Street, El Cajon, CA 92021

(619) 441-1670

Hours: \*Monday - Friday 2:00 PM - 9:30 PM

Recreation Services Supervisor: Michele Sawaya

\*Hours & activities subject to change. Please call center for the most up to date information.



Bostonia Recreation Center offers many activities that kids of all ages will enjoy, including sports, weekly activities and tournaments, a gymnasium, and a game room with foosball, ping pong, pool and more. The two-acre park is nestled behind the center and provides rolling, grassy knolls, colorful shaded playground equipment, outdoor fitness equipment and a multi-purpose field excellent for soccer or football. A meeting room is also available for rental for club meetings, children's parties, bridal/baby showers and special events.

### FALL PROGRAM ACTIVITIES

Tournament Tuesdays	T	2:30 PM - 3:15 PM	Ages 7-12	FREE
Fun Crafts	F	2:30 PM - 3:15 PM	Ages: 6-11	FREE
Kids Night Out (9/17 #37115)	F	6:00 PM - 8:30 PM	Ages: 6-13	Fee: \$10 *Pre-Registration Required
Kindersports (#37228)	W	3:45 PM - 4:30 PM	Ages 4-5	Fee: \$43 Resident Fee: \$32
Kindersports (#37229)	TH	3:45 PM - 4:30 PM	Ages 4-5	Fee: \$43 Resident Fee: \$32

### INSTRUCTIONAL CLASSES

In addition to recreation center based activities, the fee based classes listed below are offered at Bostonia Recreation Center. Additional information about each class is found throughout this brochure. Please call the Registration Office at (619) 441-1516 if you have questions about any of these activities.

Ceramics  
Preschool Dance  
Hip Hop  
Mini Hip Hop  
Tiny Tots Preschool Enrichment  
Tumbling  
Kindersports

### PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Game play for either singles or doubles is inside the gymnasium. The game of pickleball can help participants stay active and healthy while providing endless hours of social entertainment, fun and enjoyment. Paddles and wiffle type balls will be available. All skill levels are welcome. Annual fee.



Fee: \$13 Resident Fee: \$10 Sr. Fee: \$8 Sr. Resident Fee: \$5  
9:30 AM - 12:30 PM T, TH, F 18+ **\$ Dollar Days Fee: \$1**



### BOSTONIA GARDEN

Bostonia's Neighborhood Garden has been blooming with flowers, basil, potatoes, eggplant, tomatoes and more. Monarch Butterflies are enjoying the milkweed and the butterfly enclosure is full of caterpillars and chrysalises. Come by the center to visit and enjoy the garden and butterflies.

### ALBERT VAN ZANTEN PARK

This 15-acre park offers three baseball/softball fields (one lighted) that are available for community use from 3:30 PM - 9:30 PM Monday through Friday and all day weekends. The complex also has playing fields for soccer or football practice and games, a 440-yard track, a concession stand, restrooms and score booths. Outdoor basketball courts are also available after school hours. The park is beautifully landscaped and is ideally suited for walkers and joggers due to its extensive sidewalks and track. Reservations for this park are supervised by Bostonia Center, (619) 441-1670.



## HILLSIDE RECREATION CENTER & PARK

840 Buena Terrace, El Cajon, CA 92020  
(619) 441-1674

**Hours: \*Monday - Friday 3:00 PM - 9:30 PM**

**Recreation Services Supervisor: Mark Rosplock**

**\*Hours & activities subject to change. Please call center for the most up to date information.**



Hillside Recreation Center is located just off Fletcher Parkway on Buena Terrace where youth and families can enjoy the beautiful park setting, walk along trails and/or take in assorted classes and youth sports programs taught by professional, talented and caring staff. Well-presented and functional meeting rooms can be rented on a space-available, reservation basis for your next group meeting or special event!

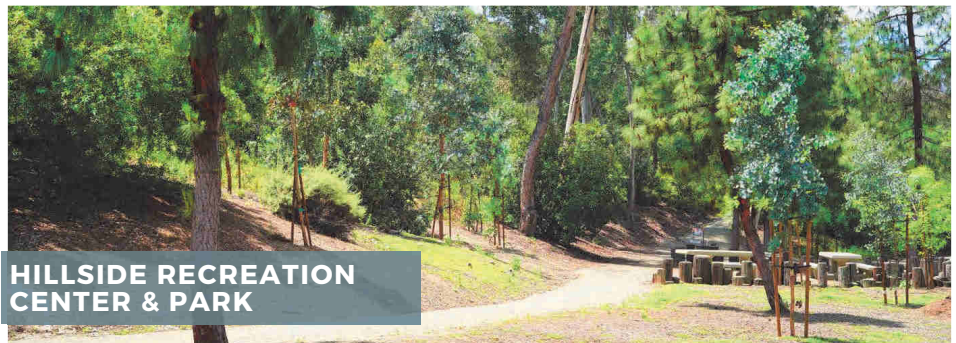
### FALL PROGRAM ACTIVITIES

Businessman's Basketball (#37162)	T/TH	12:00 PM - 2:00 PM	Fee: \$46 Resident Fee: \$23
Adult Women's Volleyball (#37164)	F	10:00 AM - 12:00 PM	Fee: \$27 Resident Fee: \$13
Youth Indoor Soccer	See Youth Sports pages for more information		
Little Kickers Indoor Soccer	See Youth Sports pages for more information		
Bon Appetit Cooking Class	Look for this class to return soon! <b>COMING SOON</b>		
Kids Morning Out (#37163)	9/18	9:00 AM - 12:00 PM	Fee: \$10 (pre-registration required)
Monsters Night Out (#37168)	10/22	6:00 PM - 9:00 PM	Fee: \$10 (pre-registration required)
The Great Camp Turkey Trot (#37167)	11/20	9:00 AM - 12:00 PM	Fee: \$10 (pre-registration required)

### INSTRUCTIONAL CLASSES

In addition to recreation center based activities, the fee based classes listed below are offered at Hillside Recreation Center. Additional information about each class is found throughout this brochure. Please call the Registration Office at (619) 441-1516 if you have questions about any of these activities.

Tiny Tots Preschool Enrichment  
Dance Combo  
KinderGym  
MiniGym Level 1  
MiniGym Level 2  
Girls Gymnastics Levels 1-5  
Boys Tumbling  
Junior Advanced Tumbling  
Advanced Tumbling  
Wake Up and Tone Up - Fitness  
Sweat and Sculpt - Fitness  
Fall Prevention - Fitness  
Zumba - Fitness  
Wee Tykes Art  
Little Tykes Art



### BILL BECK PARK

543 North Pierce Street

Hidden among the residential streets off Marshall Avenue, you can enjoy a beautiful grassy area and spend some quality time with your child on the playground. Give your child's imagination a special treat. The Parks & Recreation Department can answer any other questions at (619) 441-1744.

### HILLSIDE PARK AND SPORTS FIELD

This distinctive park on the western hillside along Fletcher Parkway features 19+ acres of multi-level terrain left largely in its natural landscape and vegetation. The upper park offers picnicking, walking trails and a peaceful atmosphere, even a glimpse of a cottontail rabbit or squirrel running through the eucalyptus grove. The lower park has a large grassy playing field and restrooms. Smoking and alcoholic beverages are prohibited in parks and recreation centers in El Cajon. Call (619) 441-1674 to check on field availability.

## FLETCHER HILLS CENTER & POOL

2345 Center Place, El Cajon, CA 92020

(619) 441-1672

**Fall Center Hours:** 2:15 PM - 6:00 PM M,W,TH,F  
1:00 PM - 6:00 PM T

**Fall Pool Hours:** See Fall Swim Schedule (Page 33)

**Recreation Services Supervisor: Dominic Mangiapane**

**\*Hours & activities subject to change. Please call center for the most up to date information.**



FLETCHER HILLS  
RECREATION CENTER

Fletcher Hills Recreation Center is centrally located in the Fletcher Hills area. Staff offer a variety of activities and programs for children during the after school hours such as crafts, sports, games and special events. The center boasts a large game room and "Kids Zone" that is full of board games, puzzles, and a playground with a slide, obstacles and climbing! The center is ideal for a meeting location for your group or a child's next birthday party on a reservation basis.

### INSTRUCTIONAL CLASSES

In addition to recreation center based activities, the fee based classes listed below are offered at Fletcher Hills Recreation Center. Additional information about each class is found throughout this guide. Please call the Registration Office at (619) 441-1516 if you have questions about any of these activities.

Preschool Dance  
Dance Combo  
Ballet  
Ceramics  
Adult/Senior Fitness  
Teen Ceramics  
Tiny Tots Preschool

### AFTER SCHOOL DROP-IN ACTIVITIES\*

**Cost: FREE**

**Time: 2:45 PM - 3:45 PM**

**Ages: 7-12**

**Crafty Mondays:** Use creativity to bring out the artist in you! Each Monday a staff member will be creating a fun project for you to make and take home to show off to your family. This activity is free.

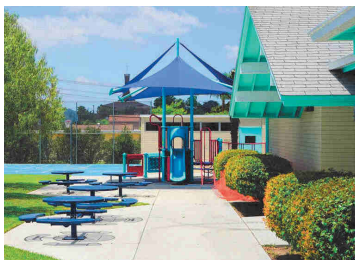
**Sporty Tuesdays:** Didn't get enough at recess? Join a staff member in playground games, team ball, dodgeball, capture the flag and so much more.

**Wild Card Wednesdays:** Each Wednesday, staff will be leading a fun and engaging activity.

**Trivia Thursdays:** Try your luck with our staff led online trivia game, Kahoot! Using a phone or tablet, answer educational and fun questions to win. You can play single or with teammates!

**Fun Fridays:** Each week the staff has something new and exciting planned for you. We will be playing games, doing relays and even having food some weeks!

**Homework Help Hour:** We offer a free Homework Help Hour every Tuesday at 1:00 PM. Bring in your homework, projects or study guides and a staff member will provide assistance.



### FIRE STATION PARK

After that challenging jog or bike ride up Fletcher Parkway, catch your breath and reward yourself with a view of the valley. This very small grassy pad with a picnic table is a nice rest stop adjacent to the Fletcher Hills Fire Station and has trail access down to Hillside Center and Park.



Registration for Fall Aquatics Programs is ongoing and open until full.

## EXTENDED SUMMER SWIM LESSONS

Extended Summer lessons run Monday - Thursday during the session dates listed.

**\*\* Scheduling subject to change based on county health guidelines.**

### PARENT/TOT SWIM LESSONS (AGES 6 MO. - 3 YRS.)

	Session 6 9/6 - 9/16	Session 7 9/20 - 9/30	Session 8 10/4 - 10/14
<b>\$ Dollar Days Fee: \$5</b>	Fee: \$44	Resident Fee: \$32	
5:30 PM - 6:00 PM	37031	37032	37033



### TINY TOT SWIM LESSONS (AGES 3 - 5)

	Session 6 9/6 - 9/16	Session 7 9/20 - 9/30	Session 8 10/4 - 10/14
<b>\$ Dollar Days Fee: \$5</b>	Fee: \$59	Resident Fee: \$44	
3:30 PM - 4:00 PM	36898	36901	36904
4:10 PM - 4:40 PM	36899	36902	36905
4:50 PM - 5:20 PM	36900	36903	36906

### LEARN TO SWIM LESSONS (AGES 6-12)

	Session 6 9/6 - 9/16	Session 7 9/20 - 9/30	Session 8 10/4 - 10/14
<b>\$ Dollar Days Fee: \$5</b>	Fee: \$51	Resident Fee: \$38	
3:30 PM - 4:00 PM	36942	36945	36948
4:10 PM - 4:40 PM	36943	36946	36949
4:50 PM - 5:20 PM	36944	36947	36950

## SPECIALTY AQUATICS PROGRAMS

### SWIM TEAM (AGES 6 - 13)

**DESCRIPTION:** For a swimmer who wants a structured workout through coaching in a non-competitive setting. Must pass level 3 of the Learn to Swim program to participate.

**Fee: \$71 Resident Fee: \$56** **\$ Dollar Days Fee: \$5**  
**#37046** 6:10 PM - 7:00 PM T,TH 6-13 Sept. 7 - Oct. 8

### LAP SWIM (AGES 16+)

**DESCRIPTION:** Limited lanes will be available for lap swimming and sharing lanes may be required. Participant must be actively swimming laps to participate due to limited space.

**Drop-in Fee: \$5 Adult, \$2 Youth**  
**Season Pass: \$40**

**\$ Dollar Days Drop-In: \$1**  
**\$ Dollar Days Pass: \$5**

Please call Fletcher Hills Center at  
**619-441-1672 for the most updated public  
 swim and lap swim schedule.**

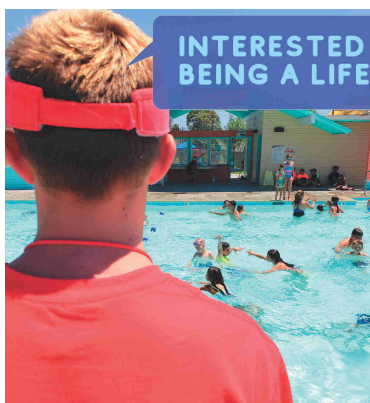


### WATER AEROBICS (AGES 15+\*)

**DESCRIPTION:** No swimming experience is necessary. Get a low impact, high resistance workout while socializing, getting in shape and having fun. \*Ages 15-17 must be accompanied by an adult.

**Fee: \$71 Resident Fee: \$56** **\$ Dollar Days Fee: \$5**  
**Sr. Fee: \$38 Sr. Resident Fee: \$28**

**\*No Class 9/6**  
**#37045** 6:10 PM - 7:00 PM M,W 15+\* Sept. 7 - Oct. 10



**INTERESTED IN  
BEING A LIFEGUARD?**

We hire year-round for lifeguard positions covering Spring through Fall swim season. Contact the supervisor at Fletcher Hills Center today to learn about the requirements and how to apply! 619-441-1672





## KENNEDY RECREATION CENTER & PARK

1675 East Madison Ave., El Cajon, CA 92019  
(619) 441-1676

**Center Hours: \*Monday - Friday 2:00 PM - 9:30 PM**  
**Saturday 12:00 PM - 4:00 PM**

**Recreation Services Supervisor: Christy McBride**

**\*Hours & activities subject to change Please call center for the most up to date information.**



Whether you're looking for youth sports, a gym to play in, a room to rent for your next special event or just a beautiful park in which to relax, Kennedy Center is the place to be! All ages are invited to visit our game room to play pool, foosball, ping-pong, bumper pool or a variety of table and board games.



### KIDS MORNING OUT

Come celebrate Fall season with us at Kids Morning Out! Games, activities, crafts and more! We will provide lunch. Pre-registration is required.

**Fee: \$10 Per Participant**

**#37160 10:00 AM - 1:00 PM Ages: 5-12 Kennedy Saturday, October 16**

### INSTRUCTIONAL CLASSES

In addition to recreation center based activities, the fee based classes listed below are offered at Kennedy Recreation Center. Additional information about each class is found throughout this brochure. Please call the Registration Office at (619) 441-1516 if you have questions about any of these activities.

Tiny Tots Preschool Enrichment  
Preschool Dance Level 1  
Preschool Dance Level 2  
Mini Hip Hop  
Hip Hop Level 1  
Jazz Levels 1-3  
Tap Levels 1-2  
Tumbling Levels 1-5  
MiniGym Levels 1-2  
Girls Gymnastics Levels 1-5

### KIDS CAN COOK

Kids Can Cook teaches youth the pleasures of preparing and enjoying "real food" that is both delicious and nutritious. Kids will learn basic cooking skills and the importance of nutrition and wellness. They will even get to eat what they make. All food supplies are provided in the fee. Please bring an apron and closed toe shoes to each class (7 week session).

Look for this class to return soon! **COMING SOON**



### FREE PLAY

Offered every Tuesday until the end of the school year. Boys and Girls will get the opportunity to play in a variety of sports and school yard games like capture the flag, dodgeball, flag football, kickball and much more. The program is **FREE!!!** All you need is gym shoes to participate.

**Starting September 7th!**

### KENNEDY PARK AND SPORTS FIELDS

This beautiful neighborhood park at the corner of Madison Avenue and Fourth Street offers something for everyone. The ten-acre park provides a sports field, meandering walkways, tot lot and picnicking area under mature trees. The park is ideal for walking, jogging or tricycling, and is home to the annual Fourth of July picnic and fireworks display.

## KENNEDY SKATEPARK

1675 East Madison Ave., El Cajon, CA 92019  
(619) 441-1676

Recreation Services Supervisor: Christy McBride

\*Hours & activities subject to change. Please call center for the most up to date information.



Kennedy Skatepark is approximately 11,000 square feet of concrete bowls, ramps, grinds, jumps and “street” features which caters to skateboarders and in-line skaters, scooters and BMX bikes. The supervised skatepark is for participants seven years of age and older. A signed waiver must be approved and on file prior to entering. Parents must sign for all youth under 18 years old. \$5 fee for new and replacement ID cards. Helmet, elbow pads and kneepads are required at all times (wrist guards recommended). Be safe and have FUN!



### KENNEDY SKATEPARK IS AVAILABLE TO RENT!

Rent the skatepark for a birthday party or special event or for just a private session for you and friends.  
Call Kennedy Center at (619) 441-1676 for more information and pricing.



## FALL SKATEPARK HOURS

\*HOURS MAY VARY - CALL CENTER FOR CURRENT SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Skateboard	1:00 - 5:00 PM	4:00 - 9:00 PM	4:00 - 9:00 PM	4:00 - 7:00 PM	N/A	4:00 - 9:00 PM	1:00 - 8:00 PM
Scooter	1:00 - 5:00 PM	4:00 - 9:00 PM	4:00 - 9:00 PM	4:00 - 7:00 PM	N/A	4:00 - 9:00 PM	1:00 - 8:00 PM
Bike	5:00 - 7:00 PM	N/A	N/A	7:00 - 9:00 PM	N/A	N/A	N/A

## YOUTH SKATEPARK CLASSES

### THURSDAY

4:00 PM - 4:50 PM	Lil' Skateboard Class	5:00 PM - 5:50 PM	Lil' Scooter Class
6:00 PM - 6:50 PM	Skateboard Level I/II	7:00 PM - 7:50 PM	Scooter Level I/II

See Youth Specialty Classes Page for Registration Information or Call (619) 441-1676

## RENETTE RECREATION CENTER & PARK

935 South Emerald Ave., El Cajon, CA 92020  
(619) 441-1678

**Hours:** \*Monday - Friday 2:00 PM - 9:30 PM  
\*Saturday 12:00 PM - 4:00 PM

**Recreation Services Supervisor: Fa'amalo "Malo" Lutu**

\*Hours & activities subject to change. Please call center for the most up to date information.



**RENETTE RECREATION CENTER & PARK**

Renette Recreation Center includes meeting spaces available for rent at a nominal fee. Whether you need a space to rent for club meetings, children's parties, a bridal shower or business meeting, Renette Recreation Center is the perfect place to make your event special. There is also a gymnasium available for all ages with scheduled drop-in play and a game room equipped with a pool table, ping pong table and foosball table. Stop by today!

### INSTRUCTIONAL CLASSES

In addition to recreation center based activities, the fee based classes listed below are offered at Renette Recreation Center. Additional information about each class is found throughout this brochure. Please call the Registration Office at (619) 441-1516 if you have questions about any of these activities.

Teen/Adult Dance  
Cheerleading  
Preschool Dance Level 1  
Dance 2-gether  
Dance Combo  
Advanced/Pointe Ballet  
Ballet Basics  
Ballet Levels 1-5  
Hip Hop Levels 1-3  
TNT Track Dancers  
TNT Performing Company  
Tot 'n' Buddy  
Have a Ball Fitness Class  
Tiny Tot Preschool Enrichment  
Little Tots Preschool Enrichment  
Wee Play  
Tiny Tumblers  
TNT Tumbling  
TNT Track Tumbling  
Little Dragons Karate

### RETRO SPORTS NIGHT

**Course Description:** Come join us for a fun and engaging session of Retro Sports Night! Each week, we will play different old school games like dodgeball, whiffleball, capture the flag and kickball. **Location:** Renette

**Fee: \$46 Resident Fee: \$34 \$ Dollar Days Fee: \$1**  
#37243 M 5:00 PM - 5:50 PM Ages 7-13 10/4-11/22



**RENETTE PLAYGROUNDS**



### KARL TUTTLE PARK

Tuttle Park is 9-acres complete with ball fields, concession stand, score booth and restrooms. A path encircles the ball fields and it is enjoyed by walkers and joggers. The lighted ballfield is named after Arthur Armstrong. Field availability and reservations are handled through Renette Center at (619) 441-1678. The ballfield is open to the community after school hours between 4:00 PM - 9:30 PM, Monday to Friday and all day weekends.



## WELLS PARK & REC SQUAD

**1153 East Madison Ave., El Cajon, CA 92020  
(619) 873-2322**

**Hours: \*Monday - Friday 9:00 AM - 5:00 PM  
Recreation Services Supervisor: Tim O'Melia**

**\*Hours & activities subject to change. Please call center for the most up to date information.**



**WELLS PARK  
MINI SOCCER PITCH**

This beautiful 18-acre park features one lighted ball field, one lighted soccer field, a mini soccer pitch, large trees providing lots of shade, picnic tables and a large playground. The newly remodeled playground is handicap accessible, complete with swings, slides and jungle gym. Wells Park is a favorite with walkers and joggers who take advantage of the paved walkway that encircles the park. The outdoor fitness court contains seven separate workout stations, open to the public. For information on field reservations, programs and special events contact the Wells office at (619) 873-2322.



### *Come Join* **SENIOR BRIDGE CLUB**

AT WELLS PARK

1153 EAST MADISON AVENUE

**Thursdays 9:30 AM - 1:00 PM**

Keep your mind sharp and create friendships! This social game tests the players' problem solving skills and provides a fun way to foster a healthy mind. Call John at 619-933-1226 for additional information.

### **WELLS PARK OFF-LEASH DOG AREA**

This 1.4-acre facility features three separate areas: one for larger dogs, one for smaller breeds and an agility course. There are plenty of beautiful shade trees and a shelter area with picnic tables. The park has lighting so you will be able to utilize the park at night.

**Hours: Sunday - Saturday, 7:00 AM - 9:00 PM.  
For more information call (619) 441-1680.**

## CVMS GYMNASIUM & SPORTS FIELDS

### **CAJON VALLEY MIDDLE SCHOOL**

**750 Park Avenue, El Cajon, CA 92020  
(619) 873-2323**

**Hours: \*Monday - Friday 4:30 PM - 8:30 PM  
Saturday 9:00 AM - 6:00 PM**

**Asst. Recreation Services Supervisor: Dante Daniels**

**\*Hours & activities subject to change. Please call center for the most up to date information.**

Cajon Valley Park is the City's most extensive sports complex featuring six ball fields (two that are lighted), two playing fields and outdoor lighted basketball courts. Sports leagues thrive at this 14-acre park with facilities including concession stands, score booths and restrooms. The park is open to the public after school and until dark, Monday-Sunday. The multi-court, indoor gymnasium is home to several recreational youth sports leagues facilitated by the Parks and Recreation Department. Gym supervision and sports field reservations are coordinated through the CVMS office. Call (619) 873-2323 for more information.



# EL CAJON DOLLAR DAYS

FOR A  
LIMITED TIME ONLY

## How do I get the Dollar Days discount?

- ✓ Confirm that you live in [Incorporated El Cajon](#). Only Incorporated El Cajon residents are eligible. You may be asked to show proof of residency.
- ✓ \$ Look for the green dollar [symbol](#) in the Guide to Recreation to find Dollar Day eligible programs. A list of programs is provided below.
- ✓ Choose Your Program. Discounts may only be used for [three programs](#) per participant per season. Already use the discount in the summer? Use it again this fall!
- ✓ Register [online](#) at [www.elcajonrec.org](#) starting [September 13 at 8:00 AM](#) or [in person](#) at any El Cajon Recreation Center using exact cash, check or a debit/credit card starting [September 13](#) during center operational hours.
- ✓ NOTE: Space is limited; [register early!](#)

## DOLLAR DAYS ELIGIBLE CLASSES/PROGRAMS

### ADULT/SENIOR

Businessman's Basketball	Page 40
Women's Volleyball	Page 40
Pickleball	Page 25
Coffee and Canvas	Page 25
Wake Up and Tone Up	Page 26
Have a Ball!	Page 26
Sweat and Sculpt	Page 26
Balance and Fall Prevention	Page 26
Water Aerobics	Page 26
Zumba Fitness	Page 26
Adult/Senior Dance	Page 26
Open Play Basketball	Page 40
Family Night Basketball	Page 40
Co-Rec Volleyball	Page 40

### AQUATICS

Parent/Tot Swim Lessons	Page 33
Tiny Tot Swim Lessons	Page 33
Learn to Swim Lessons	Page 33
Swim Team	Page 33
Lap Swim	Page 33
Water Aerobics	Page 33

### INTERGENERATIONAL

Parent/Tot Swim Lessons	Page 33
Wee Play	Page 41
Little Tots	Page 41
Preschool Art	Page 42
Dance 2-Gether	Page 45

### TEENS

Drivers Education	Page 27
Teen Ceramics	Page 42
Lap Swim	Page 33
Swim Team	Page 33
Water Aerobics	Page 33
Teen Open Play Basketball	Page 40
Teen/Adult Co-Rec Volleyball	Page 40
Family Night Basketball	Page 40
Skatepark Skateboard Lessons	Page 43
Skatepark Scooter Lessons	Page 43
Fencing	Page 43
Archery	Page 43
Karate	Page 43

List continues on the next page....

**\$1 CLASSES/PROGRAMS****\$50 TINY TOTS PRESCHOOL****\$5 AQUATICS****BIG SAVINGS!****What is Dollar Days?**

Dollar Days is a chance to register for many El Cajon Parks and Recreation classes/programs for as little as \$1!

**Who is eligible for the discount?**

Each resident of Incorporated El Cajon is eligible to use the Dollar Day discount for 3 classes/programs per person per season.

**How much money can I save?**

Savings vary based on activity chosen, but many participants will save over \$50 per activity!

## DOLLAR DAYS ELIGIBLE CLASSES/PROGRAMS

### PRESCHOOL

Wee Play	Page 41
Little Tots	Page 41
Mini Gym	Page 46
Preschool Dance	Page 45
Dance Combo	Page 45
Dance 2-Gether	Page 45
Preschool Art	Page 42
Parent/Tot Swim Lessons	Page 33
Tiny Tot Swim Lessons	Page 33
Lil' Skater & Scooter Lessons	Page 43
Little Dragons Karate	Page 43
Kindersports	Page 47
Tiny Tots Preschool	Page 41

### DANCE

Preschool Dance	Page 45
Dance Combo	Page 45
Dance 2-Gether	Page 45
Hip Hop	Page 44
Ballet	Page 44
Jazz	Page 44
Tap	Page 44
Adult/Senior Dance	Page 45

### CHEER/TUMBLING/GYMNASTICS

Mini Gym	Page 46
Girls' Gymnastics	Page 46
Tumbling	Page 46
Cheer	Page 46

### YOUTH SPORTS

Youth Basketball Clinic	Page 47
Youth Soccer League	Page 47
Kindersports	Page 47
Retro Sports Night	Page 47
Youth Volleyball Clinic	Page 47

### SPECIALTY CLASS/PROGRAM

Skatepark Skateboarding Lessons	Page 43
Skatepark Scooter Lessons	Page 43
Fencing	Page 43
Introduction to Archery	Page 43
Little Dragons Karate	Page 43
Kids Karate	Page 43



# CENTER GYMNASIUM FALL SCHEDULE

**NEW**

## GYMNASIUM USE FEES

**ANNUAL FEE: \$10 ADULT / \$5 SENIOR / \$5 TEEN**
**DAILY FEE (IN ADDITION TO ANNUAL FEE): \$2 ADULT / \$1 SENIOR**


ADULT OPEN PLAY: AGES 18 AND UP			TEEN OPEN PLAY: AGES 13 - 17		OPEN PLAY: ALL AGES	
CENTER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>KENNEDY</b> 441-1676	2:00 - 5:30 PM Open Play ..... 6:00 - 8:30 PM *Adult Open Play	2:00 - 5:30 PM Open Play	2:00 - 4:00 PM Open Play	2:00 - 5:30 PM Open Play ..... 6:00 - 8:30 PM Adult Open Play	2:00 - 5:30 PM Open Play ..... 6:00 - 8:30 PM Teen Open Play	1:00 - 4:00 PM Open Play
<b>HILLSIDE</b> 441-1674	Scheduled Use	3:00 - 9:00 PM Open Play	3:00 - 7:00 PM Open Play ..... 7:00 - 9:00 PM *Adult Open Play	3:00 - 9:00 PM Open Play	Scheduled Use ..... 7:00 - 9:00 PM Teen Open Play	Center CLOSED
<b>RENETTE</b> 441-1678	2:00 - 4:00 PM Open Play ..... 7:30 - 9:00 PM Teen Open Play	2:00 - 5:30 PM Open Play ..... 6:30 - 9:00 PM *Adult Volleyball	Scheduled Use	2:00 - 5:30 PM Open Play ..... 6:30 - 9:00 PM *Teen/Adult Volleyball	7:00 - 9:00 PM *Adult Open Play (Half Court) Teen Open Play (Half Court)	Scheduled Use
<b>BOSTONIA</b> 441-1670	2:00 - 6:00 PM Open Play ..... Scheduled Use	2:00 - 6:00 PM Open Play ..... 6:30 - 9:00 PM *Adult Open Play (Half Court)	2:00 - 3:00 PM Open Play ..... 6:30 - 9:00 PM *Teen/Adult Volleyball	2:00 - 3:00 PM Open Play ..... Scheduled Use	2:00 - 6:00 PM Open Play ..... 6:30 - 9:00 PM *Teen/Adult Volleyball	Center CLOSED

Hours & activities subject to change.  
Please call centers for the most up to date information.

### TEEN/ADULT CO-REC VOLLEYBALL

Annual Fee: \$10 Adult / \$5 Senior / \$5 Teen

Daily Fee: \$2 Adult / \$1 Senior



6:30 PM - 9:00 PM	Wednesday	Bostonia
6:30 PM - 9:00 PM	Thursday	Renette
6:30 PM - 9:00 PM	Friday	Bostonia
ADULT ONLY:		
6:30 PM - 9:00 PM	Tuesday	Renette

### TEEN OPEN PLAY BASKETBALL

Teens Only: Ages 13 - 17

Teen Annual Fee: \$5



7:30 PM - 9:00 PM	Monday	Renette
6:00 PM - 8:30 PM	Friday	Kennedy
7:00 PM - 9:00 PM	Friday	Hillside
7:00 PM - 9:00 PM	Friday	Renette

### ADULT OPEN PLAY BASKETBALL

Annual Fee: \$10 Adult / \$5 Senior

Daily Fee: \$2 Adult / \$1 Senior



6:00 PM - 8:30 PM	Monday	Kennedy
6:30 PM - 9:00 PM	Tuesday	Bostonia
7:00 PM - 9:00 PM	Wednesday	Hillside
6:00 PM - 8:30 PM	Thursday	Kennedy
7:00 PM - 9:00 PM	Friday	Renette



*Programs and activities subject to change.*

## TINY TOTS PRESCHOOL ENRICHMENT PROGRAM



**Course Description:** Tiny Tots helps children develop skills in creativity, physical movement and growth through circle time, crafts, books, music and movement. Children must be able to attend to their own toileting needs.

2-Day a Week Fee: \$242 Resident Fee: \$212 Dollar Days Fee: \$50\*  
3-Day a Week Fee: \$330 Resident Fee: \$300 \*That's only \$5 a week!

#37161	M/W	3 Yrs.	9:30 AM - 12:30 PM	Kennedy	10/11-12/15**
#37165	T/TH	3 Yrs.	9:30 AM - 12:30 PM	Hillside	10/5 - 12/9*
#37166	T/TH	3 Yrs.	9:30 AM - 12:30 PM	Renette	10/5 - 12/9*
#37169	T/TH	4-5 Yrs.	9:30 AM - 12:30 PM	Kennedy	10/12 - 12/16**
#37170	M/W/F	4-5 Yrs.	9:30 AM - 12:30 PM	Bostonia	10/4 - 12/10*

\*No class on 11/11, 11/25 & 11/26

\*\*Note-Dates vary from other session dates



## WEE PLAY

Intergenerational Program

**Course Description:** It's a class you and your WEE one won't want to miss! Do crafts, enjoy storytime and have fun with music and movement right alongside your little one. Parent, grandparent, or other adult guardian participation is required for this class. Please arrange appropriate child care for any siblings or other children.

Fee: \$37 Resident Fee: \$28 Dollar Days Fee: \$1

#37172	M	1 Yr.	9:30 AM - 10:15 AM	Renette	10/4 - 11/1
#37173	M	1 Yr.	9:30 AM - 10:15 AM	Renette	11/8 - 12/6

Intergenerational Program

## LITTLE TOTS

**Course Description:** Introduce your child or grandchild to a classroom setting, do crafts, enjoy storytime, play games, do science experiments and have fun with music and movement right alongside your little one. Parent, grandparent, or other adult guardian participation is required for this class. Please arrange appropriate child care for any siblings or other children. Bring a snack each day to class!

Fee: \$56 Resident Fee: \$42 Dollar Days Fee: \$1

#37174	M	2 Yrs.	10:30 AM - 12:00 PM	Renette	10/4 - 11/1
#37175	M	2 Yrs.	10:30 AM - 12:00 PM	Renette	11/8 - 12/6



## LOOKING FOR MORE?

Preschool Art Classes  
Preschool Aquatics Classes  
Preschool Dance Classes

Check out page 42  
Check out page 33  
Check out page 45

*Programs and activities subject to change.*

# ART AND COOKING

## YOUTH COOKING

### KIDS CAN COOK

**Course Description:** Our instructors are here to teach you cooking basics such as chopping, mixing, measuring, baking and more! Your child will learn to create tasty recipes while participating in fun, engaging and educational activities. Bon Appetite! **Ages: 7-12**

Location: Kennedy **COMING SOON**

Look for this class to return soon!

### "BON APPETIT" COOKING PROGRAM

**Course Description:** Bon Appetit is a fun and delicious cooking program! Your little chef will learn how to read recipes and prepare simple, healthy snacks and meals. They will also learn about the different food groups, measurements, the importance of exercise and proper food handling. **Ages: 6-12**

Location: Hillside **COMING SOON**

Look for this class to return soon!

## PRESCHOOL ART PROGRAMS

Intergenerational Program

**Course Description:** You and your child, grandchild, niece or nephew will experience 5 weeks of exploration, stories, music and movement while doing tons of arts and crafts! Parent, grandparent, or other adult guardian participation is required for this class. Please arrange appropriate child care for any siblings or other children.

### Little Tykes Arts and Crafts

Fee: \$59 Resident Fee: \$44 **\$ Dollar Days Fee: \$1**

#37218	10:30 AM - 12:00 PM	F	Ages 3-5	Renette	10/8 - 11/5
#37219	10:30 AM - 12:00 PM	F	Ages 3-5	Renette	11/12-12/10*

### Wee Tykes Arts and Crafts

Fee: \$40 Resident Fee: \$30 **\$ Dollar Days Fee: \$1**

\*No class on 11/26

#37216	9:30 AM - 10:15 AM	F	Ages 1-2	Renette	10/8 - 11/5
#37217	9:30 AM - 10:15 AM	F	Ages 1-2	Renette	11/12-12/10*



## YOUTH CERAMICS

**Course Description:** Join the fun and work with clay! Each week, you will enjoy forming and molding clay into creative works of art. Learn the principles of coil art, slab art, scoring, firing, and glazing. It's going to be a creative time of fun!

Fee: \$73 Resident Fee: \$58 **\$ Dollar Days Fee: \$1**

#37203 3:30 PM - 4:20 PM W Ages 5-12 Fletcher 10/6 - 12/8

## TEEN CERAMICS

**Course Description:** Each week, teens will create works of art utilizing the principals of hand building (no wheel), coil art, slab art, glazing as well as acrylic painting on ceramic. Learn to sculpt and develop your artistic skills. No experience necessary!

Fee: \$73 Resident Fee: \$58 **\$ Dollar Days Fee: \$1**

#37155 4:40 PM - 5:30 PM W Ages 12-17 Fletcher 10/6-12/8



## ADULT/SENIOR ART PROGRAM

### COFFEE AND CANVAS

**Course Description:** Create your own canvas painting while sipping some brew. No experience needed. Coffee, art supplies, and instructions will be provided. Painting topics will be available at the time of registration. Ages 16+ (16-17 must be accompanied by an adult).

**Fees Are Per Date**

Fee: \$61 Resident Fee: \$46

**NEW**

**\$ Dollar Days Fee: \$1**

#37121	9:30 AM - 12:30 PM	9/18	Renette
#37242	9:30 AM - 12:30 PM	12/4	Renette





Programs and activities subject to change.

## SPECIALTY CLASSES / PROGRAMMING

### SKATEBOARD CLASSES

**Course Description:** This class will focus on basic skills and knowledge like safety, making transitions, skatepark etiquette and building self confidence. Skate ID Required.

**Fee: \$46 Resident Fee: \$34**  **Dollar Days Fee: \$1**

**Level 1/2**

**37146** 6:00 PM - 6:50 PM TH 7-16 Kennedy 10/7-11/18

### LIL' SKATERS & SCOOTER CLASSES

**Course Description:** These classes are for little skaters & scooters. They will learn the basic skills and principles of the skatepark. Our friendly instructors will encourage and teach them how to push, balance, turn, kick-turn, proper footing and even some tricks safely..

**Fee: \$46 Resident Fee: \$34**  **Dollar Days Fee: \$1**

**Lil' Skater**

**37143** 4:00 PM - 4:50 PM TH 5-6 Kennedy 10/7-11/18

**Lil' Scooter**

**37142** 5:00 PM - 5:50 PM TH 5-6 Kennedy 10/7-11/18

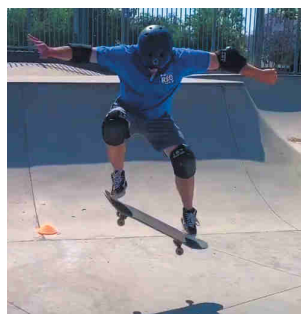
### SCOOTER CLASSES

**Course Description:** Do you love riding your scooter and want to learn some new tricks? Our instructors will teach you how to ride the ramps, bowls and rails so you will be able to develop your personal scooting style! Skate ID required.

**Fee: \$46 Resident Fee: \$34**  **Dollar Days Fee: \$1**

**Level 1/2**

**37144** 7:00 PM - 7:50 PM TH 7-16 Kennedy 10/7-11/18



### BIKE CLASS

**Course Description:** Did you know we allow bikes in the skatepark? Staff will walk you through the nuances of the skatepark while helping you improve your skills, teach you new tricks and take your riding skills to the next level. Skate ID required.

Look for this class to return soon!

**COMING SOON**

\*Youth Scholarship opportunities do not apply to Karate, Fencing or Archery Classes.

### FENCING

**Location: Lionheart Academy - 1331 N. Cuyamaca St. Suite E**

**Course Description:** Fencing teaches mental fortitude, agility and lightning fast hand-eye coordination. Thrusting, parrying, blade-work and footwork are the center of the teaching efforts. The tenets of safety, dignity, respect, and self-control are reinforced throughout every session. Classes will focus on foil and epee. Students must wear athletic footwear & clothing. Bring a water bottle.

**Attending Class:** 5 class pass valid within 2 months of registration. Contact Lionheart at 619-462-2027 to schedule classes. Classes offered T and/or TH 4:00 PM - 5:30 PM.

\*Membership with US Fencing is required and can be obtained at [usfencing.org](http://usfencing.org). Basic Membership is \$15 and must be presented on the first day of class.

**Fee: \$190 Resident Fee: \$175**  **Dollar Days Fee: \$1**

**#37156** 4:00 PM - 5:30 PM T and/or TH Ages 7-14

### INTRODUCTION TO ARCHERY

**Location: Lionheart Academy - 1331 N. Cuyamaca St. Suite E**

**Course Description:** Be strong. Be patient. Be on target! Students will practice range safety, shooting line etiquette, problem solving and self-analysis skills to carry them through a lifetime. Students will learn proper shooting techniques; beginning with the stance and finishing with the follow-thru. Activities include drills, games and target practice. Equipment provided. All students must wear closed toed shoes and long hair tied back.

**Attending Class:** 5 class pass valid within 2 months of registration. Contact Lionheart at 619-462-2027 to schedule classes. Classes offered Mon., Wed. 4:00 PM - 5:00 PM and/or Sat. 11:00 AM - 12:00 PM.


\*Membership with US Archery is required and can be obtained at [usfencing.org](http://usfencing.org). Basic Membership is \$15 and must be presented on the first day of class.

**Fee: \$190 Resident Fee: \$175**  **Dollar Days Fee: \$1**

**#37157** 4:00 PM - 5:00 PM M and/or W  
11:00 AM - 12:00 PM and/or S Ages 9-17

### LITTLE DRAGONS KARATE

**Course Description:** Classes are designed to help children develop self-control, increase strength and flexibility while promoting wholesome competition and a sense of fair play and sportsmanship.

**Fee: \$110 Resident Fee: \$95**  **Dollar Days Fee: \$1**

**#37159** 5:45 PM - 6:15 PM M,F 4-6 Hillside 10/4-12/10

### KIDS KARATE

**Course Description:** Classes are designed to help children develop self-respect, encourage self-control, increase strength and flexibility while promoting wholesome competition and a sense of fair play and sportsmanship.

**Fee: \$120 Resident Fee: \$105**  **Dollar Days Fee: \$1**

**#37158** 6:25 PM - 7:10 PM M,F 7-14 Hillside 10/4-12/10

Programs and activities subject to change.

# DANCE

**DANCE FALL SESSION DATES: OCTOBER 4 - DECEMBER 11**

\*NO CLASS NOVEMBER 11 OR NOVEMBER 25-26

## HIP HOP

**Course Description:** Learn the latest moves and choreography in this fun, high energy class. \*Prerequisite required for level 2+

**Fee: \$59 Resident Fee: \$44**  **Dollar Days Fee: \$1**

### Mini Hip Hop

**#37210** SA 10:15 AM - 11:00 AM Ages 5-7 Renette  
**#37208** W 4:00 PM - 4:45 PM Ages 5-7 Bostonia

### Hip Hop 1

**#37212** TH 4:00 PM - 4:55 PM Ages 8-15 Renette  
**#37211** W 4:50 PM - 5:45 PM Ages 8-15 Bostonia

### Hip Hop 2\*

**#37213** TH 5:00 PM - 5:55 PM Ages 8-17 Renette


### Hip Hop 3\*

**#37214** TH 6:00 PM - 6:55 PM Ages 8-17 Renette



## JAZZ

**Course Description:** Learn jazz skills, technique and choreography. You will gain strength, coordination and flexibility as you progress. \*Prerequisite required for level 2+

**Fee: \$59 Resident Fee: \$44**  **Dollar Days Fee: \$1**

### Jazz 1/2

**#37197** TU 4:00 PM - 4:55 PM Ages 5-15 Renette

### Jazz 3/4\*

**#37198** TU 5:00 PM - 5:55 PM Ages 5-15 Renette

### Jazz 5/Jr. Advanced./Advanced\*

**#37199** TU 6:00 PM - 6:55 PM Ages 5-17 Renette

## TAP

**Course Description:** Learn tap skills, rhythm and choreography as well as increase coordination and timing. \*Prerequisite required for level 2+

**Fee: \$59 Resident Fee: \$44**  **Dollar Days Fee: \$1**

### Tap 1

**#37186** M 4:00 PM - 4:55 PM Ages 5-11 Renette

### Tap 2/3\*


**#37187** M 5:00 PM - 5:55 PM Ages 5-13 Renette

### Tap 4/5/Advanced\*

**#37188** M 6:00 PM - 6:55 PM Ages 5-17 Renette

## BALLET

**Course Description:** Learn ballet skills, technique and choreography as well as improve balance and flexibility. Advancement requires increased strength, coordination and balance. \*Prerequisite required for level 2+

**Fee: \$59 Resident Fee: \$44**  **Dollar Days Fee: \$1**

### Ballet 1

**#37192** W 4:00 PM - 4:55 PM Ages 5-11 Renette

**#37192** M 4:00 PM - 4:55 PM Ages 5-11 Fletcher

### Ballet 2\*

**#37193** M 5:00 PM - 5:55 PM Ages 5-15 Fletcher

### Ballet 3\*

**#37206** W 5:00 PM - 5:55 PM Ages 5-15 Renette

### Ballet 4/5/Advanced\*

**#37207** W 6:00 PM - 6:55 PM Ages 5-17 Renette

## WHAT LEVEL DO I SIGN UP FOR?

Prerequisites are required for all level 2 and above dance, tumbling, gymnastics and cheer classes. Toward the end of each session, participants are given a referral slip indicating which level to register for next. Please register for the level listed on your referral slip. If the child has never participated in our program before, please register for level 1 of the preferred activity. If you are unable to provide a referral slip for the correct level, you may be withdrawn from the program. Unsure of what level your child belongs in? Give us a call at 619-441-1516.



Is the class or program you want to register for full?  
 Register for the waitlist online at [www.elcagonrec.org](http://www.elcagonrec.org)  
 and we will contact you if space becomes available.

Programs and activities subject to change.

# DANCE

## DANCE FALL SESSION DATES: OCTOBER 4 - DECEMBER 11

\*NO CLASS NOVEMBER 11 OR NOVEMBER 25-26

If the child has never participated in our program before, please register for level 1 of the preferred activity.

### ADULT/SENIOR DANCE

Learn a wide variety of dance genres including jazz, tap and lyrical. Meet new friends, learn new skills and get exercise. All skill levels welcome!

Fee: \$59 Resident Fee: \$44 Senior: \$37 Sr. Resident: \$22

 Dollar Days Fee: \$1

#37200 T 7:00 PM - 7:55 PM Ages 18+ Renette

### DANCE 2-GETHER

Intergenerational Program

**Course Description:** Dance with me! Together, you and your child or grandchild will explore the world of dance through movement, music, fun and games. Help your child gain body awareness, self-confidence and a sense of rhythm as you are introduced to a wide variety of basic dance movements.

Fee: \$54 Resident Fee: \$40  Dollar Days Fee: \$1

#37227 T 10:15 AM - 11:00 AM 18 Month - 3 Yr Renette

### PRESCHOOL DANCE

**Course Description:** An introduction to dance. Learn a variety of tap, ballet, jazz and creative movement skills.

Fee: \$54 Resident Fee: \$40  Dollar Days Fee: \$1

#37189 M 3:10 PM - 3:55 PM Ages 3-5 Fletcher

#37190 TH 4:00 PM - 4:45 PM Ages 3-5 Fletcher

#37191 SA 11:55 AM - 12:40 PM Ages 3-5 Renette

### DANCE COMBO

**Course Description:** Learn a variety of jazz, tap and ballet skills in this class.

Fee: \$54 Resident Fee: \$40  Dollar Days Fee: \$1

#37194 TH 4:50 PM - 5:35 PM Ages 4-6 Fletcher

#37196 SA 11:05 AM - 11:50 AM Ages 4-6 Renette

### TNT PERFORMING COMPANY

**Course Description:** TNT is our dance and tumbling performing company! \*Instructor written approval is REQUIRED prior to registering for any TNT class.

Fee: \$42

**TNT Track Dance\***

#37184 F 4:40 PM - 5:40 PM Ages 8-17 Renette

**TNT Dance\***

#37185 F 4:40 PM - 6:40 PM Ages 8-17 Renette

**TNT Track Tumbling\***

#37182 M 4:30 PM - 5:30 PM Ages 8-17 Renette

**TNT Tumbling\***

#37183 M 4:30 PM - 6:30 PM Ages 8-17 Renette



### TNT SHOWS FALL 2021

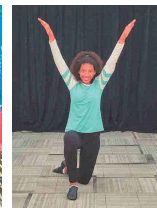
TNT will be performing their signature "scary show" routines at the following events this Fall:



OCTOBER 20, 2021



OCTOBER 29, 2021



### WONDERING WHAT TO WEAR FOR DANCE OR TUMBLING CLASS?

**Preschool Dance/Dance Combo:** Any dance outfit. Ballet slippers and tap shoes are recommended, but any soft-soled shoes for ballet and jazz and hard-soled shoes for tap will work. No stockings or bare feet.

**Ballet:** Any fitness or dance attire. Ballet slippers are recommended, but any soft-soled shoes are acceptable.

**Jazz:** Any fitness or dance attire. Jazz shoes are recommended, but ballet slippers are acceptable for lower level classes.

**Tap:** Any fitness or dance attire. The instructor must be able to see the bend of the knees and the student's feet. Avoid baggy pants. Tap shoes are recommended, but hard soled shoes are acceptable for lower level classes.

**Hip Hop:** Any fitness or dance attire. Athletic/tennis shoes.

**Gymnastics/Tumbling:** Any form fitting fitness attire. Only stirrup tights or footless tights allowed. Hair must be pulled up.





*Programs and activities subject to change.*

## GYMNASTICS/TUMBLING FALL SESSION DATES: OCTOBER 4 - DECEMBER 11

\*NO CLASS NOVEMBER 11 OR NOVEMBER 25-26.

# CHEER / TUMBLING / GYMNASTICS

If the child has never participated in our program before, please register for level 1 of the preferred activity.



## GIRLS' GYMNASTICS

**Course Description:** An excellent introduction to the sport of gymnastics. This program emphasizes skill development and progressions, and offers an excellent foundation toward future USGF or High School competitive teams. Levels are arranged with USGF (United States Gymnastics Federation) skill recommendations as a guide.

*All participants will be assessed on the first day of class and will be grouped based on skill levels.*

**Fee: \$65 Resident Fee: \$50**  **Dollar Days Fee: \$1**

#37176	M	5:15 PM - 6:25 PM	Ages 7-15	Hillside
#37177	M	6:35 PM - 7:45 PM	Ages 7-15	Hillside
#37178	W	5:15 PM - 6:25 PM	Ages 7-15	Kennedy
#37179	W	6:35 PM - 7:45 PM	Ages 7-15	Kennedy
#37180	SA	11: 20 AM - 12:30 PM	Ages 7-15	Kennedy

## MINI GYM

**Course Description:** Young ones will enjoy this fun, challenging class which focuses on beginning tumbling, balance beam, uneven bars, and vaulting skills. Participants will learn the basics of the sport while gaining strength, endurance, flexibility, balance, poise and coordination. Student must be ready to participate without a parent present.

**Fee: \$63 Resident Fee: \$48**  **Dollar Days Fee: \$1**

#37181 SA 10:15 AM - 11:10 AM Ages 4-6 Kennedy

## TUMBLING

**Course Description:** Students will learn skills from forward rolls to back flips as they progress through all levels. A progressive skill list is used to advance from level to level. Emphasis is placed on connecting skills together in levels III and up. \*Prerequisite required for levels 2+

**Fee: \$59 Resident Fee: \$44**  **Dollar Days Fee: \$1**

### Level 1

#37223 TH 4:00 PM - 4:55 PM Ages 5-12 Bostonia

### Level 2\*

#37225 TH 5:00 PM - 5:55 PM Ages 5-12 Bostonia

### Level 3/4\*

#37226 TH 6:00 PM - 6:55 PM Ages 5-13 Bostonia

## TINY TUMBLERS

**Course Description:** Roll, jump and have fun in this tumbling class for preschool age students. This course is designed to develop a child's gross motor skills through beginning tumbling activities. Child must be able to participate without a parent being present.

**COMING SOON**

Please check out [www.elcajonrec.org](http://www.elcajonrec.org) to see if this class is available for registration.

## CHEER

**Course Description:** Learn a variety of techniques, cheers, tumbling, dance, jumps and stunts while increasing coordination, flexibility and strength in a non-competitive class.

**Fee: \$59 Resident Fee: \$44**  **Dollar Days Fee: \$1**

### Jr. Cheer

#37201 W 4:00PM - 4:45PM Ages 5-7 Renette

### Cheer 1/2

#37202 W 4:50 PM - 5:45 PM Ages 8-14 Renette

### What attire should I wear for Cheer class?

Any comfortable fitness or dance attire (such as a leotard or non-baggy t-shirt and shorts or pants) and clean tennis shoes. Check out page 34 for dance/tumbling/gymnastics attire.

Programs and activities subject to change.

# FALL YOUTH SPORTS PROGRAMS

## NEW LEAGUE EVALUATIONS

Player evaluations will be conducted for youth sports leagues (Except D-division). Player evaluations will help coaches create balanced teams. Evaluations are **MANDATORY**, players that do not attend evaluations may be dropped from the league. No player request will be granted, **ONLY** siblings will be placed on the same team.

### YOUTH INDOOR SOCCER LEAGUE

**Course Description:** Our youth sports leagues are a fun nine week program where participants will learn fundamental skills, basic rules, focus on personal success and effort. Equal participation, sportsmanship, and teamwork is emphasized. *Practices and games will be 1-hour long between the hours of 4:30 PM - 8:30 PM. Season schedules will be provided after the first week of practice.*

**Fee: \$54 Resident Fee: \$40**  **Dollar Days Fee: \$1**

#### B Division

#37236 T 4:30 PM - 8:30 PM Ages 10-12 CVMS 10/12 - 12/7

**NEW** Evaluation Day: Tuesday October 12th 6:00 PM - 7:00 PM @ CVMS

#### C Division

#37237 TH 4:30 PM - 8:30 PM Ages 7-9 CVMS 10/14 - 12/9

**NEW** Evaluation Day: Thursday October 14th 6:00 PM - 7:00 PM @ CVMS

#### D Division

#37231 F 4:00 PM - 7:30 PM Ages 5-6 Hillside 10/15 - 12/10

### YOUTH VOLLEYBALL CLINIC

**Course Description:** Learn basic rules and fundamental skills of volleyball while focusing on personal success. **Location:** Renette

**Fee: \$51 Resident Fee: \$38**  **Dollar Days Fee: \$1**

#37239 W 5:00 PM - 6:00 PM Ages 8-10 10/13-12/1

#37238 W 6:15 PM - 7:15 PM Ages 11-14 10/13-12/1

### RETRO SPORTS NIGHT

**Course Description:** Come join us for a fun and engaging session of Retro Sports Night! Each week, we will play different old school games like dodgeball, whiffleball, capture the flag and kickball **Location:** Renette

**Fee: \$46 Resident Fee: \$34**  **Dollar Days Fee: \$1**

#37243 M 5:00 PM - 5:50 PM Ages 7-13 10/4-11/22



### YOUTH BASKETBALL CLINIC

**Course Description:** Come learn fundamental skills, basic rules of basketball while focusing on personal success and effort. All skill levels are welcome. Clinics will be held inside Kennedy Gymnasium. **Space limited to 15 spots per age group, if there is a long waitlist we may open more classes. (8 Week Session)**

**Fee: \$51 Resident Fee: \$38**  **Dollar Days Fee: \$1**

#37234 T 4:30 PM - 5:20 PM Ages 7-9 Kennedy 10/5-11/23

#37235 T 5:30 PM - 6:20 PM Ages 10-13 Kennedy 10/5-11/23

### KINDERSPORTS

**Course Description:** Fun sports themed games and activities will help develop large motor skills, coordination skills, teamwork and sportsmanship all while having fun! Your junior athlete will learn valuable skills that will help them when they get to the "Big Leagues". **(7 Week Session)**

**Fee: \$43 Resident: \$32**  **Dollar Days Fee: \$1**

#37228 W 3:45 PM - 4:30 PM Ages 4-5 Bostonia 10/6 - 11/17

#37229 TH 3:45 PM - 4:30 PM Ages 4-5 Bostonia 10/7 - 11/18



# REGISTRATION

**2021 FALL INSTRUCTIONAL CLASS SESSION DATES: OCTOBER 4 - DECEMBER 11\***

(UNLESS OTHERWISE NOTED)

\*NO CLASS NOVEMBER 11 OR NOVEMBER 25-26

## HOW TO REGISTER

### FALL REGISTRATION DATES

September 13 - October 16

**REGISTER ONLINE:**  
**[WWW.ELCAJONREC.ORG](http://WWW.ELCAJONREC.ORG)**

Online registration is the surest way to guarantee getting a spot in the activities you want! Set-up your account at [www.elcajonrec.org](http://www.elcajonrec.org) or at any recreation center. The online registration system is secure and payment can be made with Visa, MasterCard, American Express and Discover Card. A nominal/nonrefundable convenience fee is charged for all online registrations provided by an online registration vendor.

or

### MAIL TO:

Recreation Registration  
City of El Cajon  
200 Civic Center Way  
El Cajon, CA 92020-3916

### WALK-IN REGISTRATION

Register in person at any El Cajon Recreation Center during normal operational hours through the second week of each program.



## REGISTER EARLY FOR PROGRAMS

Because of the popularity of the programs offered, the program you selected may be full. You are encouraged to register early and select an alternate choice. The Parks & Recreation Department reserves the right to cancel, combine classes, or change instructors and/or times as needed.

## HOW TO PAY

Payment is required at time of registration by any of the following methods:

- Check, payable to the "City of El Cajon" (A \$20 service fee will be assessed for all checks returned by the bank.)
- Money Order payable to the "City of El Cajon"
- Visa/MasterCard/AMEX/Discover (Online or Walk-In)
- Cash (Late Registration only. The City of El Cajon is not responsible for cash sent through the mail).

Recreation Centers do not keep change. Exact cash is highly recommended.

## RESIDENT DISCOUNT

Customers that reside in or own property within the incorporated city limits of El Cajon qualify for the Resident Fee. Some El Cajon mailing addresses are outside the city limits. For example, communities such as Crest, Blossom Valley and Rancho San Diego have El Cajon mailing addresses, but are outside the incorporated city limits.

## ESSENTIAL ELIGIBILITY REQUIREMENTS

You may be required to provide proof of age for participants. Acceptable documents are: birth certificates, school record, passport, immunization card and health card. A child may be asked to leave an activity if not the correct age or if a child does not follow the code of conduct to safely participate

## SENIOR DISCOUNT (55 AND OLDER)

Senior citizens receive a 50% discount on the resident fees for Parks & Recreation Department taught classes. Proof of age must be submitted to receive a discount.

## CLASS REFERRALS (RETURNING REGISTRANTS)

Student Registration Referral Slips (Green slips) are issued by dance, tumbling, gymnastics and cheer instructors close to the end of the current session. They are valid for the session indicated only, and must be submitted along with your Registration Form for classes marked with an (\*).

## AQUATICS REGISTRATION

Registration is accepted between 2:30 PM - 5:30 PM Monday-Friday. All children will be evaluated the first day of class and grouped with children of similar skills. Requests for transfers will be considered and processed if class space is available. A \$5.00 fee will be assessed for each transfer or refund.

## REFUND POLICY

Select your activities carefully. Customers will be charged a \$5 administrative fee for each course/activity refund or transfer transaction. Requests for refunds or transfers must be directed to the activity supervisor at least 3 business days before the start of an activity. No refunds or transfers will be given after an activity starts. If the registration fee was paid by credit or debit card, the refund will go back to the credit card used for payment. If the registration fee was paid by check or cash, you will receive the refund by check in the mail in 4-6 weeks. If the City cancels an activity, you will receive a full refund of the activity fee. Online processing fees are non-refundable under any circumstances.










**NOTE: Dollar Day registrations are not eligible for refunds.**

## FEE ASSISTANCE

A Youth Recreation Scholarship Program is available for families in financial need. Not all programs qualify for fee assistance. Applications may be obtained at all El Cajon Recreation Centers or by contacting the instructional office. Completed applications must be submitted to the Registration Office, 935 Emerald Ave, Monday-Friday, 9:00 AM to 5:00 PM beginning March 15, 2021. Activity registration using a scholarship as a partial payment ends Friday, April 23, 2021. For information on obtaining assistance, contact the Registration office at 619-441-1516.



# PARK LOCATIONS & AMENITIES

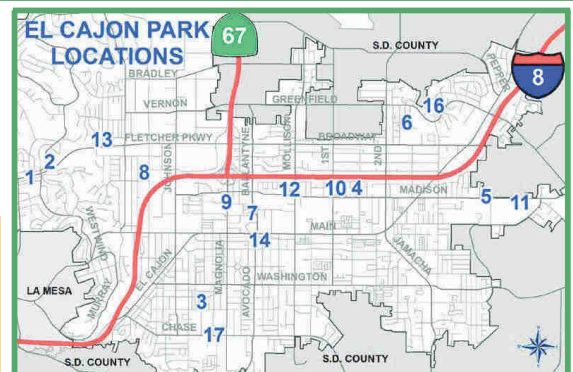
	MAP KEY	RECREATION CENTER/ MEETING ROOMS	PLAYING FIELDS	PLAYING COURTS	TOT LOT	RESTROOMS IN PARK	PICNIC TABLES	TENNIS COURTS	FITNESS COURT	GYMNASIUM	BALLFIELD	AMPHITHEATRE/STAGE	OUTDOOR BASKETBALL COURT L-LIGHTED	OFF LEASH DOG PARK
<b>ALBERT VAN ZANTEN PARK</b> 1495 Greenfield Drive 619-441-1670	16		◆	◆							◆			
<b>BILL BECK PARK</b> 543 N. Pierce Street 619-441-1744	8				◆		◆		◆					
<b>BOSTONIA PARK</b> 1049 Bostonia Street 619-441-1670	6	◆	◆	◆	◆		◆		◆	◆				
<b>CAJON VALLEY MIDDLE SCHOOL PARK</b> 750 Park Avenue 619-441-2036	12		◆	◆						◆	◆		L	
<b>EL CAJON CENTENNIAL PLAZA</b> 200 Civic Center Way 619-441-1673	7						◆					◆		
<b>EL CAJON VALLEY HIGH SCHOOL</b> 1035 East Madison Avenue	10							◆					◆	
<b>FIRE STATION PARK</b> Tyrone & Westwind	2													
<b>FLETCHER HILLS PARK &amp; POOL</b> 2345 Center Place 619-441-1672	1	◆		◆	◆		◆						◆	
<b>GRANITE HILLS HIGH SCHOOL</b> 1719 East Madison Avenue	11													
<b>HILLSIDE PARK</b> 840 Buena Terrace 619-441-1674	13	◆	◆				◆			◆				
<b>JUDSON PARK</b> Magnolia & Park 619-441-1673	9													
<b>KENNEDY PARK &amp; SKATEPARK</b> 1675 East Madison Avenue 619-441-1676	5	◆	◆	◆	◆		◆			◆	◆			
<b>PRESCOTT PROMENADE</b> 200 Block of East Main Street 619-441-1673	18											◆		
<b>RENETTE PARK</b> 935 Emerald Avenue 619-441-1678	3	◆	◆	◆	◆		◆			◆		◆	L	
<b>RONALD REAGAN COMMUNITY CENTER</b> 195 East Douglas Avenue 619-441-1673	14	◆												
<b>STONE'S NEIGHBORHOOD PARK</b> 195 East Douglas Avenue 619-441-1673	14				◆									
<b>TUTTLE PARK</b> 379 Chase Avenue 619-441-1678	17		◆								◆			
<b>WELLS PARK &amp; OFF LEASH DOG PARK</b> 1153 East Madison Avenue 619-873-2322	4		◆		◆		◆		◆		◆			◆

For rainout and cancellation information as well as latest field conditions, call the Field Hotline at 619-441-1538.



Guide to Recreation Publisher:  
Advantage Color Graphics

Recreation Editors & Photographers:  
Frank Carson, Heather Carter, Adam Tronerud, Ryan Flickinger



# THANK YOU

## TO OUR KEY R.E.C. CAMPAIGN SPONSORS

The R.E.C. Campaign raises funds to support scholarships for youth recreation programming for the El Cajon Parks & Recreation Department. We would like to thank key sponsors below for their contributions toward the R.E.C. Campaign. For more information or to donate, please call (619) 441-1516.



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# YOU CAN MAKE A DIFFERENCE

**DID YOU KNOW THAT YOU CAN  
HELP PROVIDE RECREATION  
OPPORTUNITIES FOR CHILDREN?**

**ROUND-UP WHILE REGISTERING TO  
DONATE TO THE REC CAMPAIGN!  
IN-PERSON OR ONLINE**





Friday  
October 29

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EL CAJON

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